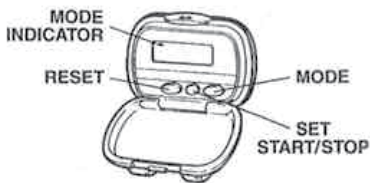


# ACCUSPLIT® EAGLE 140S ACTIVITY PEDOMETER

## OPERATING INSTRUCTIONS



### FOR BEST RESULTS

-Clip the pedometer firmly at your waist, above a knee.

### STRIDE LENGTH SET MODE (in or cm)

(See EXCLUSIVE ACCURACY TIP)  
For more accurate Distance calculation, set Stride Length. To determine Stride Length, stand with feet together on a line, then take 10 normal strides. Measure, in in. or cm., the total distance from the line to the toe of the foot on the 10th stride and divide by 10.  
-Press (MODE) until Mode Indicator is under "DISTANCE".  
-Press (SET) to change Stride Length (Mode Indicator is next to "STRIDE").  
-Press (SET) to increase Stride Length setting by .05 ft. or 1 cm. (1-6 ft. or 35-150 cm., with rollover to minimum setting). Automatic return to DISTANCE Mode.

### STEP COUNT MODE (STEP)

-Press (MODE) until Mode Indicator is under "STEP".  
-Measures ALL ACTIVITY Steps.

### PEDOMETER MODE (MILE/KM)

-Press (MODE) until Mode Indicator is under "DISTANCE".  
-Measures ALL ACTIVITY Distance.

### STOPWATCH MODE (⌚)

-Press (MODE) until Mode Indicator is under Stopwatch symbol.  
-Press (START/STOP) to start, indicator flashes.  
-Press (START/STOP) to stop, indicator stops flashing.  
-Press (START/STOP) to restart, indicator flashes.

When Stopwatch is stopped,  
-Press (RESET) to Reset to 0.

### RESET

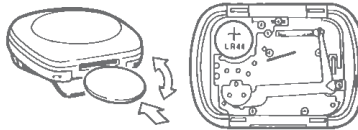
-Press (RESET) to reset Distance and Steps to 0.

### EXCLUSIVE ACCURACY TIP

After setting Stride Length per instructions above, maximize the accuracy of Distance measurement by:  
-Walking a measured 0.5 or 1.0 mile/km. (we recommend that you use a 1/4 mile/400 meter track like those found at a "high school").  
-Comparing the DISTANCE recorded to the measured distance, and  
-If UNDER recorded, resetting the STEP LENGTH to a longer setting, or if OVER recorded, resetting the STEP LENGTH to a shorter setting.  
-Pushing RESET to return the display to 0.  
-Walking the track again to test the adjustment, and re-adjusting accordingly.  
-Once adjusted DO NOT ALLOW ANYONE ELSE TO CHANGE THE SETTING, because the Fitness Meter is now set for your style.  
-You are now ready to walk or stroll any route, change that route freely and still get an accurate measurement of distance for your fitness or recreation program.

### BATTERY REPLACEMENT

When the LCDisplay dims, replace the battery with LR-44 or equivalent.  
-Use a coin to "pop open" the case.  
-Replace battery with "+" up.  
-Snap case parts together.  
-Power Reset (see below).

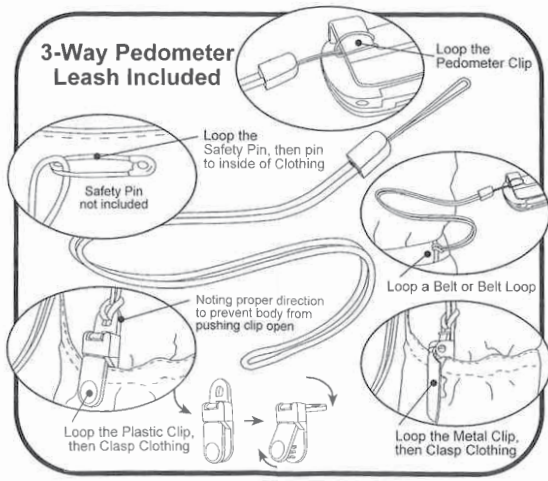


### POWER RESET

-Push all 3 buttons for 5 seconds and Release (All LCDisplay segments will be OFF, until a button is released.)

**REGISTER NOW** Please return your  
AET140 Registration to the Repair Center  
address in the warranty, & we will let you  
know about future products.  
E-mail \_\_\_\_\_  
User \_\_\_\_\_

**NO-PROOF-OF-PURCHASE LIMITED WARRANTY**  
See label inside the lid of your pedometer.



Specifications subject to  
change without notice.  
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*The ACCUSPLIT Lifestyle*

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